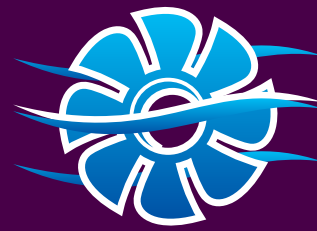




# ElderNet Volunteer Newsletter

July 2024



Hello Volunteer Community,  
I hope this newsletter finds you well and enjoying summer, despite the HOT temps in July. Thank you to those who donated much needed fans and air conditioning units. In anticipation of more hot weather in August, we will continue to accept these items which can be ordered and delivered directly from Amazon by visiting the ElderNet wish list at [https://www.amazon.com/hz/wishlist/ls/DJNQYNJQ7COL/ref=hz\\_ls\\_biz\\_ex](https://www.amazon.com/hz/wishlist/ls/DJNQYNJQ7COL/ref=hz_ls_biz_ex). Please continue to share the tips to stay safe during the heatwaves, as noted on the flyer on page 2 of this newsletter. As we recently learned, not everyone is aware of some of these tips which could save a life, in particular, keeping your windows open while running fans in the home. As you may have read in an email I sent out during the most recent heatwave, an ElderNet participant was found on the floor of her home by a volunteer who had gone to pick her up for an appointment. The doors to the house were locked, so the police were called and upon entering, discovered that the air conditioning window unit was not on, fans were running and all windows closed. This situation could have had catastrophic consequences, but the safety net provided by ElderNet volunteers in action prevented that from happening. I'm grateful to all of you who work to provide that safety net for our participants in different ways. In the words of Coretta Scott King, "the greatness of a community is most accurately measured by the compassionate action of its members."

With Gratitude,

*Michelle Buller*



## SPREAD THE WORD :

### Senior Intensive Support:

ElderNet's Senior Intensive Support Program is available to ElderNet participants in need of increased attention and assistance to remain living independently in the community. Social workers are assigned to program participants and will provide regular home visits to assist with the following:

- Medication and prescription compliance
- Increase socialization
- Safety and well-being
- Provide support in environmental management
- Coordination of transportation and other volunteer services, as needed
- Assist with applications for public benefits
- Resources and skills in avoiding exploitation
- Information and referrals for other services, as needed

If you are aware of any participants who may benefit from this specialized support, please refer them to ElderNet social workers, Leah Rothenburg or Jennifer Fraim.

### SHARE: Shared Housing and Resource Exchange

An affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. If you know of anyone who is looking for affordable housing or looking for a potential tenant to share expenses and/or household tasks, please visit <https://www.aging.pa.gov/aging-services/housing/Pages/SHARE.aspx>

### Lower Merion School District Tax Rebate

Available to income eligible seniors in the community. For more information, please refer participants to ElderNet Social Workers Leah Rothenberg or Jennifer Fraim.

### Pantry Needs:

Bottled Water - Paper Towels - Adult Pull Ups (Size Small/Medium)

For shopping ease, please visit the link to the ElderNet Wish List on Amazon noted above.



Dennis Herman 8/2  
Virginia Simpson 8/2  
George McAndrews 8/6  
Ann Ellen Dickter 8/8  
Debbie Harley 8/9  
Peter Pino 8/9  
John McNally 8/10  
Elaine Johnson 8/11  
Donna Bittner 8/16  
Terrie Gaspar 8/22  
Sherry Pendleton 8/24  
Jeanette Notaro 8/24  
Simin Samimi 8/27  
Monica McGilvery 8/27  
Harry Mitchell 8/28  
Mary Frasier 8/28

Please join us to wish a  
**HAPPY 100TH  
BIRTHDAY**

to **Laurel G. at Ardmore House**  
Wednesday,  
July 31 at 2:00.

### JUNE IN REVIEW:

Active Volunteers: 102

Active Volunteer Program  
Participants: 84

Total Round Trip Rides: 196

Total Volunteer Hours: 650

New Volunteers: 3

As temperatures rise, so does the need for fans and air conditioning units. Donations of these items can be dropped off at ElderNet Tues-Thurs 9:30am-4:00pm.

### In Memoriam:

Tara Cavanaugh  
Birch Clothier  
Marie Jones Jackson  
Kathryn Kahn



# Ways to stay

# Cool

## without air conditioning

1. Stay Hydrated
2. Take a cold shower or bath
3. Use cold washrags on neck or wrists
4. Use box fans. If using box fans leave windows open
5. Close your curtains or blinds
6. Sleep in breathable linens
7. Sleep in the basement
8. DO NOT refrigerate or freeze blankets or clothing
9. Close the door of unused rooms
10. Use the exhaust fan in your kitchen or bathroom
11. Cook in the morning, with a slow cooker or outside
12. Enjoy frozen treats

